

Self Awareness and Being

The Importance of Self in the Influence Process



DATE

11-14 October 2010 (4 Days)

LOCATION

Hawkwell House Hotel, Church Way, Iffley Village, Oxford, OX4 4DZ
www.hawkwellhouse.co.uk

TRAINER

Robert W. Hanna, Ph.D.

FEE

NTL Certificate Programme Members	£1200
Corporate delegates	£1400

A discount is available for Non-profit / Public Sector Organisations. Please send your enquiry to (info@quality-equality.com).

Fees exclude accommodation, but there are a range of hotels in the area. A list will be provided with the joining instructions. Please note that VAT will be added to all fees.

PROGRAMME OVERVIEW

This advanced workshop focuses on the vital elements of the influence process – awareness of self (moving toward emotional maturity and wholeness) and being one's essential self.

During this program, you will turn inward in your search for greater self-awareness and being in a community of other self-seekers. The work is to better understand and integrate rejected aspects of self (i.e. the child, the shadow, etc.) and to uncover and release limiting beliefs and feelings, thereby enhancing your professional and personal effectiveness.

To ensure a high quality experience for all participants, this program is limited to 14 participants. Additionally, the personal discovery process will begin approximately one month in advance of the program. We strongly encourage you to register early.

TRAINER OVERVIEW



Robert W. Hanna, Ph.D. is a Professor and former Chairman of the Department of Management at California State University, Northridge. Over the last 35 years, he has taught a broad span of courses and seminars from Organization Behavior/Development to Strategy & Policy in both the undergraduate and MBA programs. His articles on management development have appeared in the *Journal of Management Inquiry*, *Consultation: An International Journal* and the book **Human Systems Development** among others. His doctoral and post-doctoral work at the UCLA Anderson School of Management focused on Individual and Human Systems Development. In addition, he has an MBA from the University of Cincinnati and a Bachelor in Chemical Engineering from Polytechnic Institute of N.Y.U.

Dr. Hanna is a public speaker, instructor, executive coach and consultant in various areas of management and organizational development such as conflict resolution, team building, leadership, and stress management. He has worked for such diverse organizations as the Los Angeles County Training Academy, California Police Officer Standard and Training Commission, Bank of America, Hughes Aircraft, Long Beach Memorial Hospital and Shanti Foundation. For the past thirty-two years Dr. Hanna has been an associate of the NTL Institute of Applied Behavioral Science regularly conducting two of their advanced personal development programs. He also was a product development manager with Procter and Gamble for six years.

PROGRAMME CONTENT

This program is an intensive personal growth experience. The learning process, while largely intrapersonal in scope, will employ both cognitive and experiential methods. Participants will use thinking and feeling, as well as introspection and interaction.

The work will take place in a variety of settings (time alone, in pairs, and in small and large groups). This will allow the presentation and discussion of relevant concepts; the sharing of feelings, interaction, self-discovery and insight; and interpersonal feedback. Daily journal writing, both during and between sessions, will help participants both explore and capture the personal meaning of the unfolding process. Daily small group work will be used to further the process of self discovery and support the expression of thought, feelings, and emotions connected to a personally selected current influence issue.

The process will begin about one month before the program convenes. At that time you will be sent:

- An article and various reading suggestions to begin the focusing of your feelings and thought for what lies ahead.
- A notebook/journal with accompanying questions and suggestions to begin and guide your program writing and selection of a personal influence issue.

What You Will Learn

This program is designed to support and further your quest for personal discovery and self understanding.

Goals:

- Learn to better understand why and how you trip over yourself and get in your own way when relating to and influencing others;
- Learn to release strengths and untapped potential that you have been unable to translate into productive action;
- Learn to see yourself more realistically in relation to others, in terms of your own similarities and differences;
- Assess your value orientation to understand how it affects the choices you make for yourself and in your relations with others.

Who Should Attend

- Internal / External Consultants and Coaches
- Managers and Administrators
- Therapists

Prerequisite

Participants are expected to have had a rewarding previous personal growth experience and a willingness to explore and further their self-awareness and being.

PROGRAMME INFORMATION & REGISTRATION CONTACT

If you would be interested in attending or would like further information on the workshop please contact:

Quality & Equality Ltd

01865 744618

info@quality-equality.com

